

# PREGNANCY CHECKLIST



## DURING YOUR PREGNANCY

- Take your prenatal vitamins (over the counter or prescription)
- Vaccines:
  - Flu vaccine during Flu season ASAP
  - Tdap (Tetnus, Diphtheria and Pertussis/Whooping Cough) at 28-36 weeks
- Keep your appointments  
*(every 4 weeks until 28 weeks, every 2 weeks until 36 weeks, then every week until you give birth)*
- Labs/Tests: register for MyChart
  - Initial prenatal labs
  - Cell Free DNA or First Trimester Screen\* at 10-12 weeks (optional)  
*\*If you plan to do the First Trimester Screen, you will need to make an appointment for the Nuchal Translucency Ultrasound to be done at 12 weeks with Yale Maternal Fetal Medicine at (203) 785-5682*
  - AFP 15- 18 weeks (optional), *get weighed in our office the day of the test*
  - Fetal Anatomy Scan: 19 weeks to 22 weeks (schedule 2-4 weeks before)
  - 26 weeks labs (1 hour Glucose Tolerance Test, CBC, HIV, VDRL) at Yale or Quest
- Group B Strep (GBS) Test at 36 Weeks
- Do a Yale New Haven Labor and Birth Tour at 30-35 weeks: (203) 688-9355  
*<https://www.ynhh.org/services/maternity-services/childbirth-resources/childbirth-parenting-classes.aspx>*
- Preregister for Yale New Haven Hospital: (203) 688-3331  
*Same link as above*
- Take Childbirth Preparation Classes and Breast Feeding Classes at 26-36 weeks
- Talk to your employer about maternity leave and health insurance for your baby
- Bring in your maternity leave paperwork to be filled out by a provider  
*\*Please allow up to 14 days for our office to complete the paperwork*
- Look for childcare providers ASAP for your baby if you are returning to work
- Find a pediatrician for your baby
- Order your breast pump
- Discuss future birth control with your partner and midwife or doctor

# THE HOSPITAL AND GIVING BIRTH

---



**WHERE:**  
**Yale New Haven Hospital**  
Smilow Entrance  
35 Park St  
New Haven, CT 06510

---

## What to Bring in Your Hospital Bag/How to be Prepared

- Driver's License or Other ID
- Insurance card
- Phone and charger
- Camera with batteries or charger
- Glasses/contacts and lens solution
- Toiletries including toothbrush/toothpaste
- Bathrobe, socks, nightgown (optional):  
*the hospital can provide them too*
- Money for parking or snacks
- Change of clothes for you to go home
- Change of clothes for the baby
- Blanket or warm weather gear for the baby
- Bras:
  - Nursing bra or camisole if you are breastfeeding
  - Tight sports bra if you are not breastfeeding
- Maternity underwear (several pairs)
- Thing to help you relax
  - Music, heating packs, family pictures, focal point
- Have the car seat installed in your car

---

## Essentials for the Baby

- Infant or Convertible Car Seat
- Crib or bassinet with sheets
- 2 sleep outfits/sleep sacks for baby
- 7-10 outfits for the baby
  - Pre-wash several of them before your baby is born
- Bunting or warm weather outfit and hats
- Disposable diapers (size 1) or cloth diapers and covers
- Diaper pail or small trash can
- Infant carrier and/or stroller
- Infant washcloths
- Diaper changing pad or table
- Baby swing or bouncy seat (optional)
- 3-5 Receiving blankets
- Baby bathtub
- Mild baby wash
- Fingernail kit
- Baby Thermometer
- Wipes